

































MAXIMUM  
OCCUPANCY  
100

10RS

POCAHONTAS CO  
BASKETBALL

POSS.

TES

NTY

RI



























































Cass Train  
By  
Alyssa Zimanyi





Long Mountain  
Tower  
by  
Ryleigh Langdon

Water Lake as  
Seen from  
the Road  
by  
Helen McLeod

700 Telescope  
by  
John McLeod





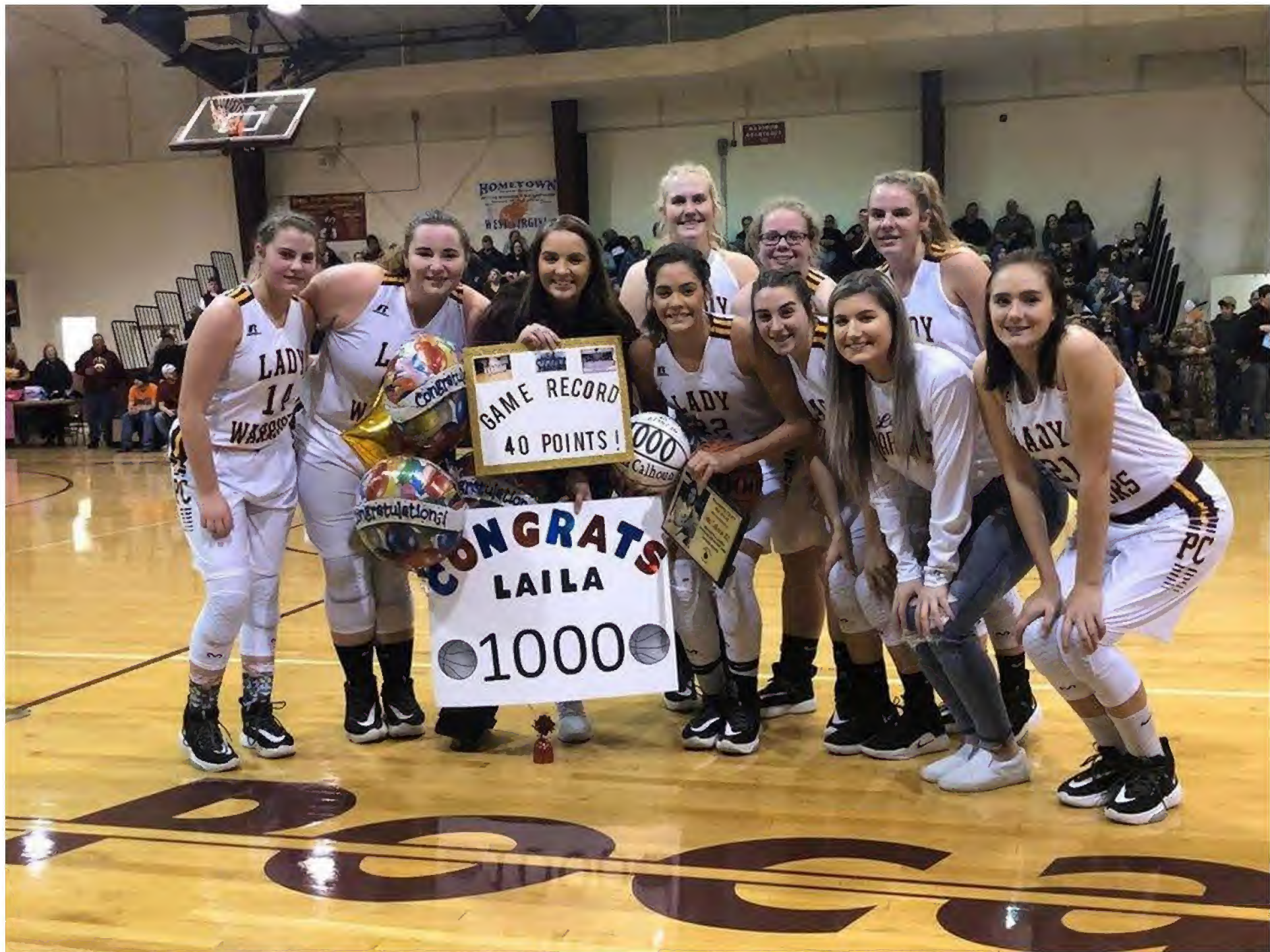


















FRESHMEN































# WARRIOR TERRITORY



GO WARRIORS

HOME	AWAY	SCORE	TIME
8	10	1	1
2	0	0	0

THANK YOU

POCAHONTAS COUNTY TRACK RECORDS		
LIFT TEAMWORK		
	NAME	TIME
1. 100 YD	ALAN JONES	15.00
2. 200 YD	ALAN JONES	30.00
3. 400 YD	ALAN JONES	1:00.00
4. 800 YD	ALAN JONES	2:00.00
5. 1600 YD	ALAN JONES	4:00.00
6. 3200 YD	ALAN JONES	8:00.00
7. 6400 YD	ALAN JONES	16:00.00
8. 12800 YD	ALAN JONES	32:00.00
9. 25600 YD	ALAN JONES	64:00.00
10. 51200 YD	ALAN JONES	128:00.00
11. 102400 YD	ALAN JONES	256:00.00
12. 204800 YD	ALAN JONES	512:00.00
13. 409600 YD	ALAN JONES	1024:00.00
14. 819200 YD	ALAN JONES	2048:00.00
15. 1638400 YD	ALAN JONES	4096:00.00
16. 3276800 YD	ALAN JONES	8192:00.00
17. 6553600 YD	ALAN JONES	16384:00.00
18. 13107200 YD	ALAN JONES	32768:00.00
19. 26214400 YD	ALAN JONES	65536:00.00
20. 52428800 YD	ALAN JONES	131072:00.00
21. 104857600 YD	ALAN JONES	262144:00.00
22. 209715200 YD	ALAN JONES	524288:00.00
23. 419430400 YD	ALAN JONES	1048576:00.00
24. 838860800 YD	ALAN JONES	2097152:00.00
25. 1677721600 YD	ALAN JONES	4194304:00.00
26. 3355443200 YD	ALAN JONES	8388608:00.00
27. 6710886400 YD	ALAN JONES	16777216:00.00
28. 13421772800 YD	ALAN JONES	33554432:00.00
29. 26843545600 YD	ALAN JONES	67108864:00.00
30. 53687091200 YD	ALAN JONES	134217728:00.00
31. 107374182400 YD	ALAN JONES	268435456:00.00
32. 214748364800 YD	ALAN JONES	536870912:00.00
33. 429496729600 YD	ALAN JONES	1073741824:00.00
34. 858993459200 YD	ALAN JONES	2147483648:00.00
35. 1717986918400 YD	ALAN JONES	4294967296:00.00
36. 3435973836800 YD	ALAN JONES	8589934592:00.00
37. 6871947673600 YD	ALAN JONES	17179869184:00.00
38. 13743895347200 YD	ALAN JONES	34359738368:00.00
39. 27487790694400 YD	ALAN JONES	68719476736:00.00
40. 54975581388800 YD	ALAN JONES	137438953472:00.00
41. 109951162777600 YD	ALAN JONES	274877906944:00.00
42. 219902325555200 YD	ALAN JONES	549755813888:00.00
43. 439804651110400 YD	ALAN JONES	1099511627776:00.00
44. 879609302220800 YD	ALAN JONES	2199023255552:00.00
45. 1759218604441600 YD	ALAN JONES	4398046511104:00.00
46. 3518437208883200 YD	ALAN JONES	8796093022208:00.00
47. 7036874417766400 YD	ALAN JONES	17592186044416:00.00
48. 14073748835532800 YD	ALAN JONES	35184372088832:00.00
49. 28147497671065600 YD	ALAN JONES	70368744177664:00.00
50. 56294995342131200 YD	ALAN JONES	140737488355328:00.00
51. 112589990684262400 YD	ALAN JONES	281474976710656:00.00
52. 225179981368524800 YD	ALAN JONES	562949953421312:00.00
53. 450359962737049600 YD	ALAN JONES	1125899906842624:00.00
54. 900719925474099200 YD	ALAN JONES	2251799813685248:00.00
55. 1801439850948198400 YD	ALAN JONES	4503599627370496:00.00
56. 3602879701896396800 YD	ALAN JONES	9007199254740992:00.00
57. 7205759403792793600 YD	ALAN JONES	18014398509481984:00.00
58. 14411518807585587200 YD	ALAN JONES	36028797018963968:00.00
59. 28823037615171174400 YD	ALAN JONES	72057594037927936:00.00
60. 57646075230342348800 YD	ALAN JONES	144115188075855872:00.00
61. 115292150460684697600 YD	ALAN JONES	288230376151711744:00.00
62. 230584300921369395200 YD	ALAN JONES	576460752303423488:00.00
63. 461168601842738790400 YD	ALAN JONES	1152921504606846976:00.00
64. 922337203685477580800 YD	ALAN JONES	2305843009213693952:00.00
65. 1844674407370955161600 YD	ALAN JONES	4611686018427387904:00.00
66. 3689348814741910323200 YD	ALAN JONES	9223372036854775808:00.00
67. 7378697629483820646400 YD	ALAN JONES	18446744073709551616:00.00
68. 14757395258967641292800 YD	ALAN JONES	36893488147419103232:00.00
69. 29514790517935282585600 YD	ALAN JONES	73786976294838206464:00.00
70. 59029581035870565171200 YD	ALAN JONES	147573952589676412928:00.00
71. 118059162071741130342400 YD	ALAN JONES	295147905179352825856:00.00
72. 236118324143482260684800 YD	ALAN JONES	590295810358705651712:00.00
73. 472236648286964521369600 YD	ALAN JONES	1180591620717411303424:00.00
74. 944473296573929042739200 YD	ALAN JONES	2361183241434822606848:00.00
75. 1888946593147858085478400 YD	ALAN JONES	4722366482869645213696:00.00
76. 3777893186295716170956800 YD	ALAN JONES	9444732965739290427392:00.00
77. 7555786372591432341913600 YD	ALAN JONES	18889465931478580854784:00.00
78. 15111572745182864683827200 YD	ALAN JONES	37778931862957161709568:00.00
79. 30223145490365729367654400 YD	ALAN JONES	75557863725914323419136:00.00
80. 60446290980731458735308800 YD	ALAN JONES	151115727451828646838272:00.00
81. 120892581961462917470617600 YD	ALAN JONES	302231454903657293676544:00.00
82. 241785163922925834941232000 YD	ALAN JONES	604462909807314587353088:00.00
83. 483570327845851669882464000 YD	ALAN JONES	1208925819614629174706176:00.00
84. 967140655691703339764928000 YD	ALAN JONES	241785163922925834941232:00.00
85. 1934281311383406679529856000 YD	ALAN JONES	483570327845851669882464:00.00
86. 3868562622766813359059712000 YD	ALAN JONES	967140655691703339764928:00.00
87. 7737125245533626718119424000 YD	ALAN JONES	1934281311383406679529856:00.00
88. 15474250491067253436238848000 YD	ALAN JONES	3868562622766813359059712:00.00
89. 30948500982134506872477696000 YD	ALAN JONES	7737125245533626718119424:00.00
90. 61897001964269013744955392000 YD	ALAN JONES	15474250491067253436238848:00.00
91. 123794003928538027489910784000 YD	ALAN JONES	30948500982134506872477696:00.00
92. 247588007857076054979821568000 YD	ALAN JONES	61897001964269013744955392:00.00
93. 495176015714152109959643136000 YD	ALAN JONES	123794003928538027489910784:00.00
94. 990352031428304219919286272000 YD	ALAN JONES	247588007857076054979821568:00.00
95. 1980704062856608439838572544000 YD	ALAN JONES	495176015714152109959643136:00.00
96. 3961408125713216879677145088000 YD	ALAN JONES	990352031428304219919286272:00.00
97. 7922816251426433759354290176000 YD	ALAN JONES	1980704062856608439838572544:00.00
98. 15845632502852867518708580352000 YD	ALAN JONES	3961408125713216879677145088:00.00
99. 31691265005705735037417160704000 YD	ALAN JONES	7922816251426433759354290176:00.00
100. 63382530011411470074834321408000 YD	ALAN JONES	15845632502852867518708580352:00.00
101. 126765060022822940149668642816000 YD	ALAN JONES	31691265005705735037417160704:00.00
102. 253530120045645880299337285632000 YD	ALAN JONES	63382530011411470074834321408:00.00
103. 507060240091291760598674571264000 YD	ALAN JONES	126765060022822940149668642816:00.00
104. 1014120480182583521197349142528000 YD	ALAN JONES	507060240091291760598674571264:00.00
105. 2028240960365167042394698285056000 YD	ALAN JONES	1014120480182583521197349142528:00.00
106. 4056481920730334084789396570112000 YD	ALAN JONES	2028240960365167042394698285056:00.00
107. 8112963841460668169578793140224000 YD	ALAN JONES	4056481920730334084789396570112:00.00
108. 16225927682921336339157586280448000 YD	ALAN JONES	8112963841460668169578793140224:00.00
109. 32451855365842672678315172560896000 YD	ALAN JONES	16225927682921336339157586280448:00.00
110. 64903710731685345356630345121792000 YD	ALAN JONES	32451855365842672678315172560896:00.00
111. 129807421463370690713260690243584000 YD	ALAN JONES	64903710731685345356630345121792:00.00
112. 259614842926741381426521380487168000 YD	ALAN JONES	129807421463370690713260690243584:00.00
113. 519229685853482762853042760974336000 YD	ALAN JONES	259614842926741381426521380487168:00.00
114. 1038459371706965525706085521948672000 YD	ALAN JONES	519229685853482762853042760974336:00.00
115. 2076918743413931051412171043897344000 YD	ALAN JONES	1038459371706965525706085521948672:00.00
116. 4153837486827862102824342087794688000 YD	ALAN JONES	2076918743413931051412171043897344:00.00
117. 8307674973655724205648684175589376000 YD	ALAN JONES	4153837486827862102824342087794688:00.00
118. 16615349947311448411297368351178752000 YD	ALAN JONES	8307674973655724205648684175589376:00.00
119. 33230699789245793645189473404715008000 YD	ALAN JONES	16615349947311448411297368351178752:00.00
120. 66461399789245793645189473404715008000 YD	ALAN JONES	33230699789245793645189473404715008:00.00
121. 132922799578491587290378946809430016000 YD	ALAN JONES	66461399789245793645189473404715008:00.00
122. 265845599156983174580757893618860032000 YD	ALAN JONES	132922799578491587290378946809430016:00.00
123. 531691198313966349160515787237720064000 YD	ALAN JONES	265845599156983174580757893618860032:00.00
124. 1063382396627932698321031574475440128000 YD	ALAN JONES	531691198313966349160515787237720064:00.00
125. 2126764793255865396642063148950880256000 YD	ALAN JONES	1063382396627932698321031574475440128:00.00
126. 4253529586511730793284126297901760512000 YD	ALAN JONES	2126764793255865396642063148950880256:00.00
127. 8507059173023461586568252595803521024000 YD	ALAN JONES	4253529586511730793284126297901760512:00.00
128. 17014118346046923173136505191607042048000 YD	ALAN JONES	8507059173023461586568252595803521024:00.00
129. 34028236692093846346273010383214084096000 YD	ALAN JONES	17014118346046923173136505191607042048:00.00
130. 6805647338418769269254602076642816192000 YD	ALAN JONES	34028236692093846346273010383214084096:00.00
131. 13611294676837538538509204153285632384000 YD	ALAN JONES	6805647338418769269254602076642816192:00.00
132. 2722258935367507707701840830657126768000 YD	ALAN JONES	13611294676837538538509204153285632384:00.00
133. 5444517870735015415403681661314253536000 YD	ALAN JONES	2722258935367507707701840830657126768:00.00
134. 10889035741470030830807363322628507072000 YD	ALAN JONES	5444517870735015415403681661314253536:00.00
135. 21778071482940061661601526645257014144000 YD	ALAN JONES	10889035741470030830807363322628507072:00.00
136. 43556142965880123323203053290514028056000 YD	ALAN JONES	21778071482940061661601526645257014144:00.00
137. 87112285931760246646406106581028056576000 YD	ALAN JONES	43556142965880123323203053290514028056:00.00
138. 17422457186352049329281221316205113152000 YD	ALAN JONES	87112285931760246646406106581028056576:00.00
139. 34844914372704098658562442632410226304000 YD	ALAN JONES	17422457186352049329281221316205113152:00.00
140. 69689828745408197317124885264820452608000 YD	ALAN JONES	34844914372704098658562442632410226304:00.00
141. 139379657490816394634249770529640905216000 YD	ALAN JONES	69689828745408197317124885264820452608:00.00
142. 278759314981632789268499541059281810432000 YD	ALAN JONES	139379657490816394634249770529640905216:00.00
143. 557518629963265578536999082118563620864000 YD	ALAN JONES	278759314981632789268499541059281810432:00.00
144. 1115037259926531157073998164237127241728000 YD	ALAN JONES	557518629963265578536999082118563620864:00.00
145. 2230074519853062314147996328474254483456000 YD	ALAN JONES	1115037259926531157073998164237127241728:00.00
146. 4460149039706124628295992656948508966912000 YD	ALAN JONES	2230074519853062314147996328474254483456:00.00
147. 8920298079412249256591985313897017933824000 YD	ALAN JONES	4460149039706124628295992656948508966912:00.00
148. 17840596158824498513183970627794035867648000 YD	ALAN JONES	8920298079412249256591985313897017933824:00.00
149. 35681192317648997026367941255588071735296000 YD	ALAN JONES	17840596158824498513183970627794035867648:00.00
150. 71362384635297994052735882511176143470592000 YD	ALAN JONES	35681192317648997026367941255588071735296:00.00
151. 142724769270595988105471765022352286941184000 YD	ALAN JONES	713623846352979940527358825













# WARRIOR TERRITORY

60 WARRIORS

HOME	8:00	VISITOR
SCORE	0	0
TIME	0:00	0:00

POCAHONTAS COUNTY TRACK RECORDS  
LADY

NAME	TIME	EVENT
Christina Harrison	14.4	100 M
Christina Harrison	2:10	800 M
Christina Harrison	2:14	1000 M
Christina Harrison	2:14	1200 M
Christina Harrison	2:14	1400 M
Christina Harrison	2:14	1600 M
Christina Harrison	2:14	1800 M
Christina Harrison	2:14	2000 M
Christina Harrison	2:14	2200 M
Christina Harrison	2:14	2400 M
Christina Harrison	2:14	2600 M
Christina Harrison	2:14	2800 M
Christina Harrison	2:14	3000 M
Christina Harrison	2:14	3200 M
Christina Harrison	2:14	3400 M
Christina Harrison	2:14	3600 M
Christina Harrison	2:14	3800 M
Christina Harrison	2:14	4000 M
Christina Harrison	2:14	4200 M
Christina Harrison	2:14	4400 M
Christina Harrison	2:14	4600 M
Christina Harrison	2:14	4800 M
Christina Harrison	2:14	5000 M
Christina Harrison	2:14	5200 M
Christina Harrison	2:14	5400 M
Christina Harrison	2:14	5600 M
Christina Harrison	2:14	5800 M
Christina Harrison	2:14	6000 M
Christina Harrison	2:14	6200 M
Christina Harrison	2:14	6400 M
Christina Harrison	2:14	6600 M
Christina Harrison	2:14	6800 M
Christina Harrison	2:14	7000 M
Christina Harrison	2:14	7200 M
Christina Harrison	2:14	7400 M
Christina Harrison	2:14	7600 M
Christina Harrison	2:14	7800 M
Christina Harrison	2:14	8000 M
Christina Harrison	2:14	8200 M
Christina Harrison	2:14	8400 M
Christina Harrison	2:14	8600 M
Christina Harrison	2:14	8800 M
Christina Harrison	2:14	9000 M
Christina Harrison	2:14	9200 M
Christina Harrison	2:14	9400 M
Christina Harrison	2:14	9600 M
Christina Harrison	2:14	9800 M
Christina Harrison	2:14	10000 M

POCAHONTAS COUNTY TRACK RECORDS  
WARRIORS

NAME	TIME	EVENT
Albert Brundage	22.8	100 M
Albert Brundage	2:10	800 M
Albert Brundage	2:14	1000 M
Albert Brundage	2:14	1200 M
Albert Brundage	2:14	1400 M
Albert Brundage	2:14	1600 M
Albert Brundage	2:14	1800 M
Albert Brundage	2:14	2000 M
Albert Brundage	2:14	2200 M
Albert Brundage	2:14	2400 M
Albert Brundage	2:14	2600 M
Albert Brundage	2:14	2800 M
Albert Brundage	2:14	3000 M
Albert Brundage	2:14	3200 M
Albert Brundage	2:14	3400 M
Albert Brundage	2:14	3600 M
Albert Brundage	2:14	3800 M
Albert Brundage	2:14	4000 M
Albert Brundage	2:14	4200 M
Albert Brundage	2:14	4400 M
Albert Brundage	2:14	4600 M
Albert Brundage	2:14	4800 M
Albert Brundage	2:14	5000 M
Albert Brundage	2:14	5200 M
Albert Brundage	2:14	5400 M
Albert Brundage	2:14	5600 M
Albert Brundage	2:14	5800 M
Albert Brundage	2:14	6000 M
Albert Brundage	2:14	6200 M
Albert Brundage	2:14	6400 M
Albert Brundage	2:14	6600 M
Albert Brundage	2:14	6800 M
Albert Brundage	2:14	7000 M
Albert Brundage	2:14	7200 M
Albert Brundage	2:14	7400 M
Albert Brundage	2:14	7600 M
Albert Brundage	2:14	7800 M
Albert Brundage	2:14	8000 M
Albert Brundage	2:14	8200 M
Albert Brundage	2:14	8400 M
Albert Brundage	2:14	8600 M
Albert Brundage	2:14	8800 M
Albert Brundage	2:14	9000 M
Albert Brundage	2:14	9200 M
Albert Brundage	2:14	9400 M
Albert Brundage	2:14	9600 M
Albert Brundage	2:14	9800 M
Albert Brundage	2:14	10000 M

POCAHONTAS WARRIORS  
HOOPS  
HEROES





















GO WARRIORS			
HOME	8:00	VISITOR	
BONUS	PERIOD 1	BONUS	
FOULS	PLAYER FOULS	FOULS	
WON	MATCH	WON	
RESTAURANT		DONATED BY	
CONFERENCE		THE Ryders	
CITY		100 1ST ST. BOX 100	
		BOYER NY	
		AUTO TALKING	
		WATER PUMP	
		PICKUP	
		STOVE	

## WARRIOR TERRITORY

POCAHONTAS COUNTY TRACK RECORDS			
LADY WARRIORS			
EVENT			
100 Yards	1:15.00	1000 Yards	1:15.00
200 Yards	2:30.00	1500 Yards	1:45.00
400 Yards	5:00.00	2000 Yards	2:15.00
800 Yards	10:00.00	3000 Yards	3:15.00
1600 Yards	20:00.00	4000 Yards	4:15.00
3200 Yards	40:00.00	5000 Yards	5:15.00
6400 Yards	80:00.00	6000 Yards	6:15.00
12800 Yards	160:00.00	7000 Yards	7:15.00
25600 Yards	320:00.00	8000 Yards	8:15.00
51200 Yards	640:00.00	9000 Yards	9:15.00
102400 Yards	1280:00.00	10000 Yards	10:15.00
204800 Yards	2560:00.00	11000 Yards	11:15.00
409600 Yards	5120:00.00	12000 Yards	12:15.00
819200 Yards	10240:00.00	13000 Yards	13:15.00
1638400 Yards	20480:00.00	14000 Yards	14:15.00
3276800 Yards	40960:00.00	15000 Yards	15:15.00
6553600 Yards	81920:00.00	16000 Yards	16:15.00
13107200 Yards	163840:00.00	17000 Yards	17:15.00
26214400 Yards	327680:00.00	18000 Yards	18:15.00
52428800 Yards	655360:00.00	19000 Yards	19:15.00
104857600 Yards	1310720:00.00	20000 Yards	20:15.00
209715200 Yards	2621440:00.00	21000 Yards	21:15.00
419430400 Yards	5242880:00.00	22000 Yards	22:15.00
838860800 Yards	10485760:00.00	23000 Yards	23:15.00
1677721600 Yards	20971520:00.00	24000 Yards	24:15.00
3355443200 Yards	41943040:00.00	25000 Yards	25:15.00
6710886400 Yards	83886080:00.00	26000 Yards	26:15.00
13421772800 Yards	167772160:00.00	27000 Yards	27:15.00
26843545600 Yards	335544320:00.00	28000 Yards	28:15.00
53687091200 Yards	671088640:00.00	29000 Yards	29:15.00
107374182400 Yards	1342177280:00.00	30000 Yards	30:15.00
214748364800 Yards	2684354560:00.00	31000 Yards	31:15.00
429496729600 Yards	5368709120:00.00	32000 Yards	32:15.00
858993459200 Yards	10737418240:00.00	33000 Yards	33:15.00
1717986918400 Yards	21474836480:00.00	34000 Yards	34:15.00
3435973836800 Yards	42949672960:00.00	35000 Yards	35:15.00
6871947673600 Yards	85899345920:00.00	36000 Yards	36:15.00
13743895347200 Yards	171798691840:00.00	37000 Yards	37:15.00
27487790694400 Yards	343597383680:00.00	38000 Yards	38:15.00
54975581388800 Yards	687194767360:00.00	39000 Yards	39:15.00
109951162777600 Yards	1374389534720:00.00	40000 Yards	40:15.00
219902325555200 Yards	2748779069440:00.00	41000 Yards	41:15.00
439804651110400 Yards	5497558138880:00.00	42000 Yards	42:15.00
879609302220800 Yards	10995116277760:00.00	43000 Yards	43:15.00
1759218604441600 Yards	21990232555520:00.00	44000 Yards	44:15.00
3518437208883200 Yards	43980465111040:00.00	45000 Yards	45:15.00
7036874417766400 Yards	87960930222080:00.00	46000 Yards	46:15.00
14073748835532800 Yards	175921860444160:00.00	47000 Yards	47:15.00
28147497671065600 Yards	351843720888320:00.00	48000 Yards	48:15.00
56294995342131200 Yards	703687441776640:00.00	49000 Yards	49:15.00
112589990684262400 Yards	1407374883553280:00.00	50000 Yards	50:15.00

POCAHONTAS COUNTY TRACK RECORDS			
LADY WARRIORS			
EVENT			
100 Yards	1:15.00	1000 Yards	1:15.00
200 Yards	2:30.00	1500 Yards	1:45.00
400 Yards	5:00.00	2000 Yards	2:15.00
800 Yards	10:00.00	3000 Yards	3:15.00
1600 Yards	20:00.00	4000 Yards	4:15.00
3200 Yards	40:00.00	5000 Yards	5:15.00
6400 Yards	80:00.00	6000 Yards	6:15.00
12800 Yards	160:00.00	7000 Yards	7:15.00
25600 Yards	320:00.00	8000 Yards	8:15.00
51200 Yards	640:00.00	9000 Yards	9:15.00
102400 Yards	1280:00.00	10000 Yards	10:15.00
204800 Yards	2560:00.00	11000 Yards	11:15.00
409600 Yards	5120:00.00	12000 Yards	12:15.00
819200 Yards	10240:00.00	13000 Yards	13:15.00
1638400 Yards	20480:00.00	14000 Yards	14:15.00
3276800 Yards	40960:00.00	15000 Yards	15:15.00
6553600 Yards	81920:00.00	16000 Yards	16:15.00
13107200 Yards	163840:00.00	17000 Yards	17:15.00
26214400 Yards	327680:00.00	18000 Yards	18:15.00
52428800 Yards	655360:00.00	19000 Yards	19:15.00
104857600 Yards	1310720:00.00	20000 Yards	20:15.00
209715200 Yards	2621440:00.00	21000 Yards	21:15.00
419430400 Yards	5242880:00.00	22000 Yards	22:15.00
838860800 Yards	10485760:00.00	23000 Yards	23:15.00
1677721600 Yards	20971520:00.00	24000 Yards	24:15.00
3355443200 Yards	41943040:00.00	25000 Yards	25:15.00
6710886400 Yards	83886080:00.00	26000 Yards	26:15.00
13421772800 Yards	167772160:00.00	27000 Yards	27:15.00
26843545600 Yards	335544320:00.00	28000 Yards	28:15.00
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1717986918400 Yards	21474836480:00.00	34000 Yards	34:15.00
3435973836800 Yards	42949672960:00.00	35000 Yards	35:15.00
6871947673600 Yards	85899345920:00.00	36000 Yards	36:15.00
13743895347200 Yards	171798691840:00.00	37000 Yards	37:15.00
27487790694400 Yards	343597383680:00.00	38000 Yards	38:15.00
54975581388800 Yards	687194767360:00.00	39000 Yards	39:15.00
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14073748835532800 Yards	175921860444160:00.00	47000 Yards	47:15.00
28147497671065600 Yards	351843720888320:00.00	48000 Yards	48:15.00
56294995342131200 Yards	703687441776640:00.00	49000 Yards	49:15.00
112589990684262400 Yards	1407374883553280:00.00	50000 Yards	50:15.00















# Pocahontas Warriors Boys Basketball

## Honor Our Hometown Heroes

Wednesday, February 12th at PCHS

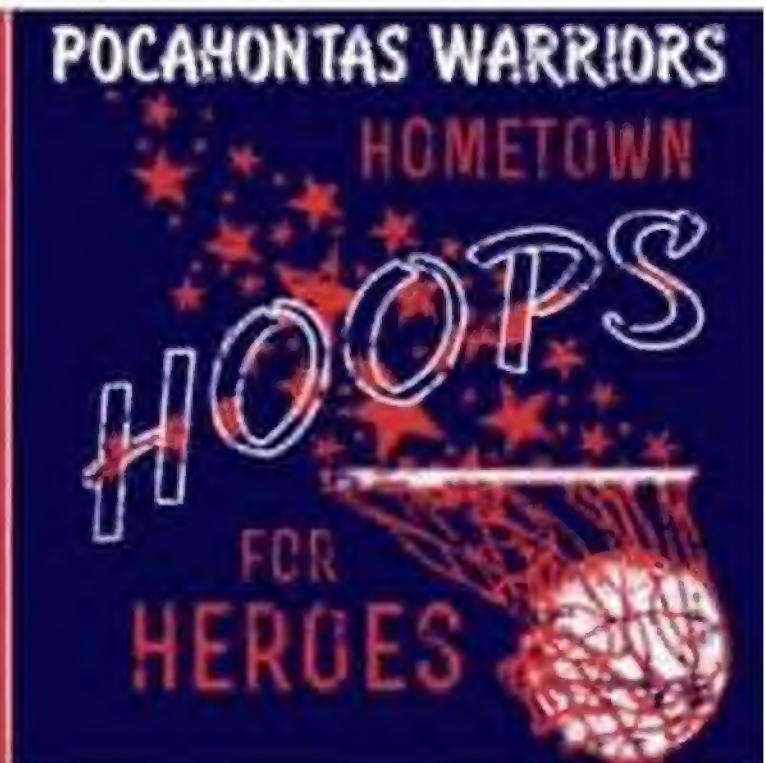
JV-5:45 Varsity-7:00

**Military - Veterans - EMT - Paramedics**

**Fire & Rescue - Law Enforcement**

Warriors will be sponsoring basket raffles and shirt sales to benefit our Hometown Heroes

**Heroes get in FREE**





# POCAHONTAS WARRIORS



# HOMETOWN

# Heroes



POCAHONTAS WARRIORS



HOMETOWN  
*Heroes*













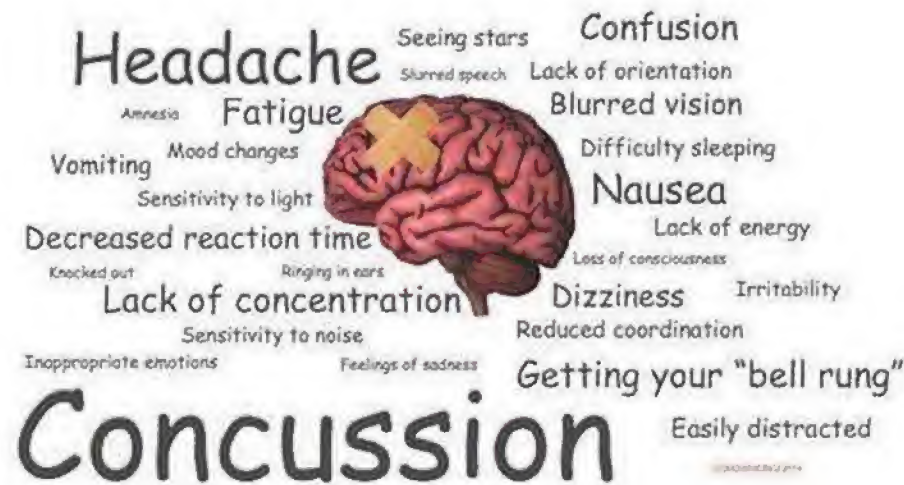






Anyone can fall victim to head trauma. It is not just for those that play sports, older adults may actually have a higher risk of serious complications from a concussion.

Do you know the symptoms?



*The Seneca Woodlands Woman's Club invites you to  
the Green Bank Library, Monday, February 10, 2020, at 6:00 pm to  
learn about concussions and their symptoms.*

*Janet Ghigo presents facts about what concussions are and what to do next if you suspect you or a loved one may have head trauma. Janet has over twenty years of experience with the BFD Fire and Rescue ambulance services and twenty years with the West Virginia Public Service Training as an EMT instructor.*

*For more information about the Seneca Woodlands Women's Club and this program, please contact Madge Vosteen at [mhvosteen@gmail.com](mailto:mhvosteen@gmail.com) or call 304.456.5459.*



# *2020 West Virginia University Forensic Science Summer Camp*



**What:** The Next Generation Forensic Science Initiative in collaboration with the Department of Forensic and Investigative Science at West Virginia University will be hosting its annual forensic science summer camp for high school students (9th–12th grade).

The goal of this program is to bring the crime lab to the classroom. Through hands-on, experiential learning, participants will acquire the practical knowledge and skills that forensic scientists utilize in their day-to-day casework. At the conclusion of the week, participants will apply what they have learned to mock crime scenes at the Crime Scene Training Complex.

Sessions will include the following topics and activities:

- Criminal Justice
- Latent Fingerprints
- Firearm Evidence Examination
- Footwear Impression Evidence
- Forensic Biology
- Forensic Chemistry
- Bloodstain Pattern Analysis
- Crime Scene Investigation
- Forensic Photography
- Mock Crime Scenes

**When:** The camp will be held June 15 - 19, 2020

**Where:** The first 3 days of camp will be held at Oglebay Hall on the downtown campus. The last 2 days of camp will be held at the Crime Scene Training Complex on the Evansdale Campus, Morgantown, WV

**Time:** Camp will begin each day at 9:00 AM and conclude at 4:00 PM each day.

**Cost:**

**Option 1: Day Camp—\$399.00 per person.** Includes lunch each day, a T-shirt and a certificate of attendance.

**Option 2: Overnight Camp—\$949.00 per person.** Includes transportation to and from the airport, 6 nights supervised lodging, evening activities, meals (breakfast, lunch and dinner), a T-shirt and certificate of attendance. Check-in will be held on June 14th. **This does not include airfare or any other transportation costs other than what has been described.**

**Registration:** Registration will be on a first come, first serve basis. The camp will be limited to 50 students.

To register, go to <https://nexgenforensics.wvu.edu/courses/science-camp>. You will be directed to our payment system after completing the initial registration.



## POCAHONTAS COUNTY SCHOOLS

## February Breakfast and Lunch Menu 2020

February Breakfast and Lunch Menu 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Scrambled eggs w/Wheat toast Yogurt Fruit  Chicken Patty w/Wheat Bun Lettuce/Tomato/Onion Candied Sweet Potatoes Corn Apples w/Soy Nut Butter	<b>4</b> Breakfast Pizza Yogurt Fruit  Sausage Biscuit w/Gravy Hash Brown Peas Homemade Cookie Peaches	<b>5</b> Omelet Wrap w/Colby Cheese Cereal Fruit  Pigs in a Blanket Green Beans French Fries Coleslaw Fruit	<b>6</b> Whole Grain Toasted Bagel Yogurt Fruit  Chicken Pot Pie Broccoli Carrot Stix Fruit	<b>7</b> Pancakes Yogurt Fruit  Beef Nachos w/Tortilla Rounds Sour Cream/Salsa Romaine Salad Refried Beans Fruit
<b>10</b> Breakfast Burrito Cereal Fruit  Cheeseburger Lettuce/Tomato/Onion Sweet Potato Fries Baked Beans Corn Fruit	<b>11</b> Homemade Cinnamon Roll Yogurt Fruit  Orange Chicken Brown Rice Pilaf Stir Fry Vegetables Homemade Roll Fruit	<b>12</b> Blueberry Muffin Cereal Fruit  Tomato Soup Grill Cheese Sandwich Steamed Broccoli Peaches Apple Crisp	<b>13</b> Sausage Biscuit Cereal Fruit  Lasagna Romaine Salad w/Tomatoes Green Beans Garlic Bread Fresh Cut Fruit	<b>14</b> Strudel Yogurt Fruit  Philly Steak Hogie Sliced Carrots w/Ranch French Fries Fresh Cut Fruit
<b>17</b> Egg & Cheese Omelet Wrap Cereal Fruit  Meatball Sub Sweet Potato Fingerlinks Mixed Vegetables Ice Cream Fruit	<b>18</b> Zucchini Bread Cereal Fruit  Breaded Pork Patty w/Wheat Bun Lettuce/Tomato Great Northern Beans California Medley Fruit	<b>19</b> Professional Learning Day No School for Students	<b>20</b> Pretzel w/Cheese Cereal Fruit  Chicken Tenders w/Creaser Romaine Salad w/Tomatoes/CROUTONS Corn Mixed Fruit Homemade Roll	<b>21</b> French Toast Sticks Yogurt Fruit  Pizza Broccoli Salad Oven French Fries Carrot Stix w/Ranch Fruit
<b>24</b> Smoothie/Yogurt Parfait Cereal Fruit  Popcorn Chicken Mashed Potatoes Green Beans Homemade Roll Fruit	<b>25</b> Sausage Biscuit Yogurt Fruit  Fish Sticks Scallop Potatoes Carrot Stix Roll Juice Sidekick	<b>26</b> Cereal Bar Yogurt Fruit  Beef Macaroni & Cheese Steamed Broccoli Celery & Soy Nut Butter Homemade Roll Fruit	<b>27</b> Sausage Pancake on Stick Yogurt Fruit  Chicken Nuggets Peas Corn Applesauce Homemade Roll	<b>28</b> Homemade Cinnamon Roll Cereal Fruit  Turkey & Cheese Hoagie 5 Way Vegetables Baked Beans Fruit





## IMPORTANT DATES


1 November 2019  
Application Open\*

28 February 2020  
Application Due\*

22 June 2020  
Start of NYSCamp


15 July 2020  
End of NYSCamp

## CONTACT

 NYSF  
PO Box 3387  
Charleston, WV 25333

 [office@nysf.com](mailto:office@nysf.com)

 +1 304 205 9724

 @NYSCenter

 @WVNYSCamp

 [www.nyscamp.org](http://www.nyscamp.org)

\*FL, CA, and MA do not use online application; we apply.nyscamp.org for application process in these states

## OVERVIEW

Established 1963 in West Virginia, the National Youth Science Camp (NYSCamp) is a free residential honors program for two accomplished high school graduates from each state in the USA, plus Washington, DC, Argentina, Bolivia, Brazil, Chile, Costa Rica, Ecuador, Mexico, and Trinidad and Tobago. NYSCamp's curriculum includes a broad range of science, technology, engineering, and mathematics (STEM) topics that incorporates both creative and performing arts as well as an outdoor adventure series with opportunities for mountain biking, spelunking, kayaking, and overnight backpacking. The delegation also travels to Washington, DC where they can meet congressional members, tour museums, and attend a panel discussion held at the American Association for the Advancement of Science. More information can be found at [nyscamp.org](http://nyscamp.org).

## HIGHLIGHTS

- Daily lectures and seminars with leading scientists
- Directed studies alongside visiting and resident STEM professionals
- Dedicated natural sciences, physical science, computer science, creative arts, performing arts, and outdoor recreation program areas
- Delegates attend **free of charge** - housing, meals, and transportation included!

## ELIGIBILITY

- Graduates from high school between 1 July 2019 and 30 June 2020
- Documented superior academic proficiency
- Recognition for notable achievements in STEM program areas
- Skills and achievements outside of STEM and/or academics
- Intent to pursue higher education and a career in STEM
- Availability to participate in entire NYSCamp program
- Submit an application at [apply.nyscamp.org](http://apply.nyscamp.org) on/before deadline
- International applicants please see [apply.nyscamp.org](http://apply.nyscamp.org) for more requirements

**MORE INFORMATION AT [APPLY.NYSCAMP.ORG](http://APPLY.NYSCAMP.ORG)**



SIMULATED ~~TRAIL~~ PLACE

PCHS  
TRIBE OF ONE

WARRIOR PRIDE









































**POCAHONTAS WARRIORS**



**HOMETOWN**

*Heroes*









































































BONUS  
LS FOULS  
WON  
BY AUTO SALVAGE  
NEW &  
USED PARTS  
WRECKER  
SERVICE  
YER, WV.

POCAHONTAS CO. TRACK RECORD		
LAST		
WALL TO WALL		
BY		
Michelle Whitford	14.6.0	1000
C. Whitford/L. Whitford	4.7.0	800
Michelle Whitford	27.0	500
Blayne Carroll	1:00.0	1000
Charles Whitford	13.00	100
Ashlee Whitford	10.0	200
Ashlee Whitford	30.00	400
Travis Conner	2:21.80	800
Travis Conner	8:49.00	1000
Core Whitford	19.75.00	5000
Leah Whitford	16.10	10000
Leah Whitford	41.00	10000
Travis Conner, David Whitford	10.0	4.0 100
Travis Conner, David Whitford	10.00	4.0 200
Travis Conner, David Whitford	10.0	4.0 400
Travis Conner, David Whitford	10.00	4.0 800
Travis Conner, David Whitford	10.00	4.0 1600



**LADY WARRIORS  
BASKETBALL**





# Drinking Water Retested

No Nitrites were detected

## Lab Results

Entry point (compliance): nitrate = 0.65 ppm, nitrite = not detected

Two special purpose

Well 1: nitrate = 0.55 pm, nitrite = not detected

Well 2: nitrate = 0.57 ppm, nitrite = not detected

Nitrate legal limit is 10 ppm and nitrite is 1 ppm.



IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER  
MONITORING REQUIREMENTS NOT MET FOR  
POCAHONTAS COUNTY HIGH SCHOOL, WV9938035  
Has Levels of NITRITE Above Drinking Water Standards

DO NOT GIVE THE WATER TO INFANTS UNDER 6 MONTHS OLD OR USE IT TO MAKE INFANT FORMULA

## **DRINKING WATER WARNING**

**Infants below the age of six months who drink water containing Nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.**

### **What should I do?**

- **DO NOT GIVE THE WATER TO INFANTS.** *Infants below the age of six months who drink water containing nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.* Blue baby syndrome is indicated by blueness of the skin. Symptoms in infants can develop rapidly, with health deteriorating over a period of days. If symptoms occur, seek medical attention immediately.
- Water, juice, and formula for children under six months of age should not be prepared with tap water. Bottled water or other water low in nitrites should be used for infants until further notice.
- **DO NOT BOIL THE WATER.** Boiling, freezing, filtering, or letting water stand does not reduce the nitrite level. Excessive boiling can make the nitrites more concentrated, because nitrites remain behind when the water evaporates.

Adults and children older than six months can drink the tap water (nitrite is a concern for infants because they can't process nitrites in the same way adults can). However, if you are pregnant or have specific health concerns, you may wish to consult your doctor.

### **What happened? What is being done?** (Describe corrective action)

In 2004, Nitrite was sampled with results of 0.14 mcl. In 2019, Nitrite was sampled with results of 1.9 mcl.

The legal limit is 1.0. We are unsure at this time what has caused the change. However, we are exploring if one or both wells are contaminated. We are resampling and will keep the public informed with any updates.

For more information, please contact Joseph W. Riley at 304-799-6565  
(Contact name) (Phone number)  
Or 271 Warrior Way Dunmore, WV 24934  
(Mailing address)

*Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.*

This notice is being sent to you by: **POCAHONTAS COUNTY HIGH SCHOOL**

State Water System ID #: WV9938035

Date Distributed: 1-29-2020



SUPPORTING THE  
FIGHTERS  
APPRECIATING THE  
SURVIVORS  
REMEMBERING THE  
⌘ FALLEN  
AND NEVER, EVER  
GIVING UP HOPE







**SUPPORTING THE  
FIGHTERS  
APPRECIATING THE  
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**LADY WARRIORS  
BASKETBALL**





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**LADY WARRIORS  
BASKETBALL**





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# 2020 Pocahontas County Alumni Game



Saturday, March 28, 2020

2:00 PM

- Concessions • T-shirts • Auction
- 50/50 Raffle • Pork BBQ Dinner • Bake Sale



## Admission Cost

Adults: \$4.00

Students: \$3.00

Alumni Players & Cheerleaders:  
\$20.00 (includes t-shirt)


To register, go to <https://tinyurl.com/scmjk27>

Questions? Contact Chloe Bland at 304-799-6564



# POCAHONTAS COUNTY SCHOOLS

## January Breakfast and Lunch Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HAPPY NEW YEAR</b></p>		<p>New Year's Day No School</p>	<p>Whole Grain Toasted Bagel w/Cream Cheese Cereal Fruit</p> <p>Hot Dog w/Whole Grain Bun Green Beans Oven Fries Coleslaw Fruit</p>	<p>French Toast Stix Cereal Fruit</p> <p>Beef Nachos w/Tortilla Rounds Sour Cream/Salsa Black Beans Romaine Salad w/Tomatoes Homemade Cookie Fruit</p>
<p>Colby Cheese Omelet Cereal Fruit</p> <p>Cheeseburger Lettuce/Tomato/Onion Sweet Potato Fries Bake Beans Corn Applesauce Cups</p>	<p>Homemade Cinnamon Roll Yogurt Fruit</p> <p>Orange Chicken Brown Rice Pilaf Stir-fry Vegetables Homemade Roll Fruit</p>	<p>Blueberry Muffins Cereal Fruit</p> <p>Potato Soup Grilled Cheese Sandwich Steamed Broccoli Peaches Ice Cream</p>	<p>Sausage &amp; Egg Biscuit Cereal Fruit</p> <p>Lasagna Romaine Salad w/Tomatoes Green Beans Garlic Bread Fruit</p>	<p>Strudal Yogurt Fruit</p> <p>Phillysteak Hoagie Sliced Carrots w/Ranch Oven French Fries Fruit</p>
<p>Egg &amp; Cheese Wrap Cereal Fruit</p> <p>Meatball Sub ¼ Baked Sweet Potato Parmesan Broccoli Brownie Fruit</p>	<p>Banana Bread Cereal Fruit</p> <p>Chicken Patty w/Wheat Bun Lettuce/Tomato Tatar Tots Great Northern Beans California Medley Fruit</p>	<p>Pop tart Cereal Fruit</p> <p>Salisbury Steak Green Beans Mashed Potatoes w/Gravy Homemade Roll Fruit</p>	<p>Sausage &amp; Gravy Biscuit Cereal Fruit</p> <p>Chicken Tenders w/Caesar Romaine Tomatoes &amp; Croutons Corn Mixed Fruit Roll</p>	<p>Pancakes Yogurt Fruit</p> <p>Pizza Broccoli Salad Oven French Fries Carrot Stix w/Ranch Fresh Cut Fruit</p>
<p>Martin Luther King Jr's Birthday No School</p>	<p>Cereal Bar Yogurt Fruit</p> <p>Turkey &amp; Cheese Hoagie 5 Way Vegetables Baked Beans Homemade Cookies Fruit</p>	<p>Sausage Pancake on Stick Yogurt Fruit</p> <p>Chicken Alfredo w/A Twist Steamed Broccoli Garlic Bread Pears</p>	<p>Egg &amp; Cheese Biscuit Cereal Fruit</p> <p>Fish Sandwich Scallop Potatoes Carrot Stix Peas Fruit</p>	<p>Smoothie/Yogurt Parfait Cereal Fruit</p> <p>Popcorn Chicken Mashed Potatoes Green Beans Homemade Roll Fruit</p>
<p>Breakfast Burrito Cereal Fruit</p> <p>Chicken Nuggets Corn Cherry Tomatoes &amp; Cucumbers w/Ranch Dressing Homemade Roll Fruit</p>	<p>Pretzel w/Cheese Cereal Fruit</p> <p>Chili Whole Baked Potato w/Sour Cream/Cheese Parmesan Broccoli Cornbread Crackers Fruit</p>	<p>Whole Grain Banana Muffin Cereal Fruit</p> <p>Chicken Chimichanga Black Bean Salsa/Sour Cream Sweet Potato Fries Mixed Vegetables Fruit</p>	<p>Homemade Cinnamon Roll Cereal Fruit</p> <p>Sloppy Joe Creamy Coleslaw Green Beans Oven French Fries Juice Sidekick</p>	<p>Sausage Biscuit Yogurt Fruit</p> <p>Pepperoni Roll Macaroni Salad Carrot Stix Romaine Salad Fruit</p>

For breakfast milk and yogurt offered daily.  
For lunch milk and fresh fruit offered daily.